



## **Williamson County School System Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Williamson County School System.

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Williamson County School System that includes:

- School Health Advisory Committee
- Forty Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy and administrative guidelines
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$307,095.00.

Community partnerships have been formed to address school health issues. Current partners include:

- Dairy Council
- Family Resource Center
- Williamson County Health Council
- Williamson County Health Department
- Williamson Medical Center

### **Parent and Student Involvement Developed**

Parents and students are involved in numerous CSH activities that include joining school teams that were involved in a 9 week contest called Walk Across Williamson that promoted activity. Minutes of activity were charted on activity logs and submitted to the Coordinated School Health office. Teams earned CSH health mini-grants to support the health initiative at their schools. Parents and students are also involved in councils and school health teams that meet to discuss and supply input for both school system and school health topics. Through our councils and school health teams we had 47 parents and 23 students listed. There were a total of 2303 students and 1618 parents who collaborated with school health.

### **School Health Interventions**

Since CSH has been active in the Williamson County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 50,424 health screenings, 19,841 referrals;

Students have been seen by a school nurse and returned to class – 129,287 seen, 107,157 returned to class – 2010-11 school year – previous years not available at time of report;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. 2007-08 – 28.70% overweight/obese, 2008-09 – 26.52% overweight/obese, 2009-10 – 26.02% overweight/obese, 2010-11 – 25.30 overweight/obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include two Dance, Dance Revolution Systems, Railyard Fitness System, Take 10! classroom energizer notebooks, Fitnessgram fitness testing, walking track for Fairview middle school, school health screening equipment – stadiometers, scales, blood pressure cuffs, Wii systems, salad bar, CSH school health banners, health education materials, nutrition newsletters and signage, pedometers, and nearly \$42,000 dollars in health mini-grants for individual schools to spend towards the CSH initiative;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include action based learning, Take 10! classroom energizers, Fitnessgram, bicycle safety, and PE4Life;

School faculty and staff have received support for their own well-being through a ninety day staff wellness challenge and donated exercise equipment to schools;

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – URHLTH health awareness campaign;
- Physical Education/Physical Activity Interventions – annual WCS two month activity contest, Fuel Up to Play 60 at select middle schools – Woodland Middle School and Fairview Middle School;
- Nutrition Interventions – Salad Bar project at Fairview Elementary, fryers removed from cafeterias, salt removed from tables, Farm to School programs at Page Middle School and Page High School, and all you can eat fruit at school lunches;
- Mental Health/Behavioral Health Interventions – piloting Girls on the Run program in Williamson County Schools – combining physical activity with a self-esteem program.

In such a short time, CSH in the Williamson County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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